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Anarchy in the DTES

Pose with the Save on Meats "anarchist," help donate food to the Rainier Hotel PAGE 3

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Brother makes a tearful plea for answers

Peter Ladner. Sister of former councillor was murdered four years ago in a city park

KATE WEBB
kate.webb@metronews.ca

Former city councillor Peter Ladner made an emotional plea for new information on the fourth anniversary of his sister's brutal murder in Vancouver's Pacific Spirit Park Wednesday.

Homicide investigators have never been able to determine a motive explaining why someone killed Wendy Ladner-Beaudry while she was running on a trail in the park in broad daylight, and still have hundreds of persons of interest.

"Pacific Spirit Park has to be purged of the horrific possibility of another tragedy like Wendy's murder," Ladner said, choking up as he described his sister as a loving mother, strong wife, cheerful aunt, and dedicated mentor.

"Both the family and the community need closure on this tragic event."

Two years ago the family offered a $30,000 reward for information leading to an arrest and charge in the case, but no one came forward.

Integrated Homicide Investigation Team spokeswoman Sgt. Jennifer Pound said police have ruled out all the obvious suspects, so analysts have mapped out the area and identified residents with a history of crime. They continue to interview them one by one in an attempt to rule each one out, but she said the work is painstaking because the people on the list are not always co-operative.

"In any of our investigations, the very first thing we ask ourselves is what is the motive, and it's extremely difficult to walk into a homicide investigation and not have that answer," Pound said.

"In many of our cases, a very high percentage, I would say 95 per cent of the time, we know who did it. We know a motive. And in this case, because we don't have that information, we're relying heavily on the public to come forward."

She said the case has never been linked to any other homicides, but is definitely not a cold case, as a team of 10 to 12 investigators is still actively pursuing new leads.

Ladner-Beaudry's sister, Nancy Edmonds, said the anniversary of her sister's death "opens up a hole in our lives that stares back at us every day."

Former city councillor Peter Ladner described his sister as a loving mother, strong wife, cheerful aunt, and dedicated mentor. He made a plea for information at Pacific Spirit Park on Wednesday — the fourth anniversary of Wendy Ladner-Beaudry's murder on a trail in the park. ERIC DREGER/THE CANADIAN PRESS

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Diner wants you to make like an anarchist, for a cause

Donation campaign taps social media. New Save On Meats sign teases 'anarchist,' gives food to Downtown Eastside hotel

EMILY JACKSON
emily.jackson@metronews.ca

Pose like an anarchist, donate a sandwich to a Downtown Eastside women's centre.

In a cheeky response to an apparent "anarchist" who stole the sign outside Save On Meats last month to contest gentrification of the low-income area, the Vancouver restaurant came back with a campaign to donate sandwich tokens to the Rainier Hotel, a women-only housing and treatment centre.

The new sign features a cutout of the anarchist's face, letting passersby snap photos posing with their faces in the sign.

For every picture posted on Twitter or Facebook, Save On Meats will donate a token for one sandwich to the Rainier, according to the restaurant's Twitter feed.

Its goal is to donate 3,600 tokens, which patrons can purchase at the diner for $2.25.

"One of the things we pride ourselves on is turning a negative situation into a positive," diner owner Mark Brand said on Instagram, before thanking the "anarchists" for the food campaign.

The new sign is a lighthearted response in a neighbourhood where anti-gentrification activists have grabbed headlines in the past months with protests at a trendy restaurant, Pidgin.

The debate centres on whether gentrification displaces poor residents or improves the welfare of everyone in the community.

"The act was meant to let the gentrifiers know that they have entered an area with a long history of class warfare," according to the "anarchist" website that took responsibility for stealing the sign as well as smashing windows at a pizza place on Commercial Drive.

As the Downtown Eastside grapples with change — it's working on an extensive neighbourhood plan to be completed later this year — businesses are trying to integrate with the community with programs such as Save On Meats sandwich tokens.

The new Save On Meats sign with room for people to pose for photos sasses the apparent anarchist who stole the old sign last month — for a cause. TWITTER.COM

Canadian arrested in wake of U.S. border shooting

The manhunt is over for a Canadian man who allegedly shot at U.S. border guards while attempting to smuggle a backpack of ecstasy across the border.

Abbotsford police arrested the Lower Mainland and Fraser Valley resident at an Abbotsford apartment early Wednesday morning after a search that involved emergency response authorities on both sides of the border.

Two camouflage-clad Canadians were heading south on foot carrying backpacks when they encountered U.S. agents in a forest area near Sumas, Wash., known to be used for contraband smuggling on Tuesday morning, according to a criminal complaint filed with the United States District Court on Wednesday.

One man allegedly fired shots at border guards before fleeing into the woods across the border, but police chased and arrested his companion. Two backpacks filled with more than 26 kilograms of MDMA were found in the area.

Three have been charged in the U.S. with conspiracy to distribute MDMA (ecstasy) and possession with intent to distribute in relation to the incident.

Canadian Jeffrey Laviolette appeared in U.S. court on Wednesday along with Ryan Lambert and Kali Henifin, who were allegedly supposed to pick up the Canadians near the border.

Homeland Security investigators alleged that Lambert and Henifin had driven the pair before, and that Lambert would be paid $11,000 US to drive the narcotics to San Francisco.

On this side of the border, Abbotsford police spokesman Ian MacDonald said the suspect, named in U.S. court documents as Nathan Hall, is known to police. Investigators believe there could be connections to the drug trade, gangs and organized crime, MacDonald said.

"It will be very important to determine now if anyone aided or abetted him along the way," he said.

Charges have yet to be laid against the man. Going forward, the question will be where — and for what charges — he will appear in court.

EMILY JACKSON/METRO

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Injunction. Man known as 'Bald Eagle' banned from acting as legal counsel

A judge has granted the Law Society of B.C. a permanent injunction against a man known as "Bald Eagle" who was acting as a lawyer and representing accused criminals in court.

B.C. Supreme Court Justice Bruce Greyall ruled that Ralph Goodwin, who uses the aboriginal name "Yuxweletun" (Bald Eagle), is prohibited from appearing as counsel in court, giving legal advice and engaging in any other work normally done by lawyers, unless he becomes a member of the law society.

The law society went to court after receiving complaints about Goodwin providing legal advice and services through a website known as the Touchstone Committee.

During a two-day hearing in Nanaimo, Goodwin challenged the judge's authority and jurisdiction, arguing that the laws of Canada and its provinces do not apply to him and that he appeared in court "under protest as a prisoner of war."

Goodwin claimed the court was a "legal fiction" and requested that the judge "forthwith recuse" himself and "abandon this territory as the hereditary chief had not authorized me to enter the territory."

Goodwin's position is that Canada — which he referred to as Turtle Island North of the 49th Parallel — as represented by the Queen was unlawfully occupying sovereign territories historically populated by "original indigenous peoples."

He attempted making a similar argument in another court earlier, while representing an accused as an "advocate," and had been removed from court by a deputy sheriff on the order of a judge.

Goodwin claimed he was adopted into the Cowichan Tribes in 2008, at which time he was bestowed with the honorary title "Yuxweletun," a claim disputed by the Cowichan Tribes, the judge noted.

Goodwin previously worked at Chevron until he retired in 2009. **NEAL HALL/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO**

Free Wi-Fi in city by 2016?

Granville Mall could get free Wi-Fi by 2016 if the city passes a new digital strategy. ERIC DREGER/THE CANADIAN PRESS

Pipe dream to reality.

Council set to vote next week on digital access plan, though talk of free Wi-Fi across the city has been going on for years

EMILY JACKSON
emily.jackson@metronews.ca

Imagine free Wi-Fi on the SkyTrain and while you're waiting for the bus on Granville Street.

It may sound too good to be true — the city has, after all, been talking about some sort of free Wi-Fi across Vancouver since at least 2005 — but the city is pushing for a new, concrete plan to make such digital access a reality by 2016.

Council is set to vote next week on the city's first digital strategy, a plan with nine goals that hopes to plug Vancouverites into the 21st century.

The strategy will make it easier to get things done by letting staff operate under an overarching framework instead of the ad hoc way digital upgrades are currently made, Coun. Andrea Reimer said Wednesday.

Initiatives include free Wi-Fi in certain areas, better Internet access for low-income residents by, for example, installing street kiosks, a digital incubation program, an expanded open data program and online license renewal.

Major projects, such as moving business permit licensing online so people don't have to trek out during city business hours to complete simple tasks like checking the status of a home renovation permit, are already underway.

"It's kind of insane in 2013 and you can't go online and do reasonably simple transactions with the city," Reimer said. "That's just not what the future is going to look like."

The entire strategy will cost approximately $30 million over four years. Of that, $28 million of funding is already in place or has been approved in the 2013 budget.

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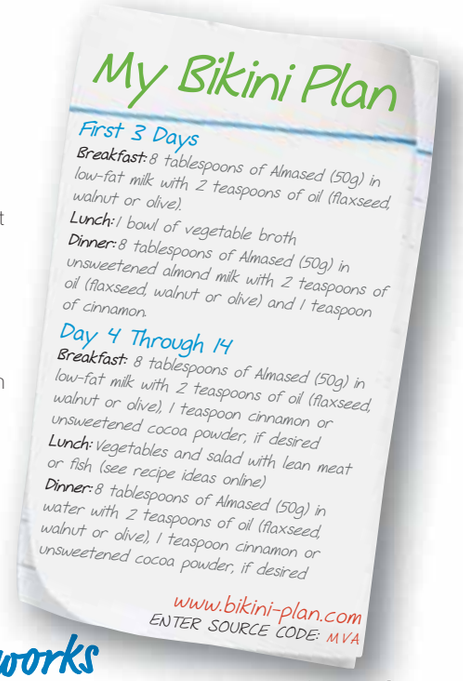
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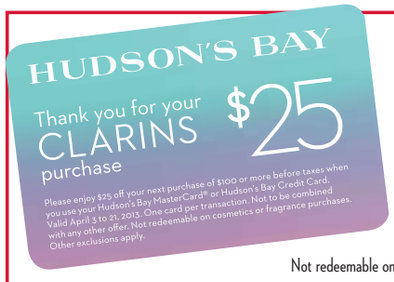
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Ahead of its time? Liberals freeze the carbon tax rate

The B.C. Liberals announced a five-year freeze on the revenue-neutral carbon tax rate of $30 per tonne on Wednesday.

The tax was the first broad-based carbon pricing scheme of its kind in North America when it was introduced in 2008.

But Environment Minister Terry Lake said last month it was brought in on the presumption other jurisdictions would follow suit, and the fact they have not done so yet is putting B.C.'s economy at a competitive disadvantage.

While Oregon and Washington state have been consulting with the province about how to implement similar taxes, Lake said it would take Alberta raising its $10-per-tonne tax and expanding it to apply to all emitters, plus Washington signing on, in order for the Liberals to consider raising the tax any further. KATE WEBB/METRO

Success

The tax contributed to a 4.5 per cent decline in greenhouse gas emissions between 2007 and 2010, even as the province's GDP and population grew.

Victoria

Controversial chief constable to retire

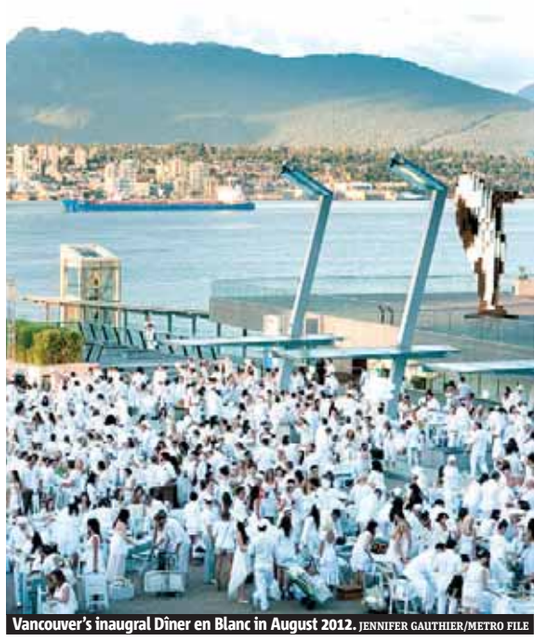
Jamie Graham of the Victoria police will retire at the end of December. He was criticized for leaving his gun under the seat of his car and for revealing the actions of an undercover officer. THE CANADIAN PRESS

Holmes River hydro

Project must see review, judge told

A coalition of conservation groups is asking a judge to overrule the provincial environmental assessment agency and force a review of the Holmes River hydro-electric project in northern B.C. THE CANADIAN PRESS

Le Dîner En Blanc serves up second helping of white meet



Vancouver's inaugral Dîner en Blanc in August 2012. JENNIFER GAUTHIER/METRO FILE

Parisian park picnic. Foodies scrambling for one of 2,500 seats at the mystery venue

EMILY JACKSON
emily.jackson@metronews.ca

Let the speculation begin: which Vancouver park can fit 2,500 people for a sophisticated, secretive picnic?

Le Dîner En Blanc wants to more than double the number of diners for its second annual Vancouver event, which will take place on an undisclosed tract of park land, according to the park board.

The "surprise pop-up picnic" event, which started in Paris 24 years ago, keeps diners in the dark about the location until just before the event. Attendees are required to dress head-to-toe in white and bring white folding chairs and tables, making for a picturesque affair.

It'll be hard to beat the views from Vancouver's first Dîner En Blanc, where the 1,200 that snagged tickets fêted underneath a glowing sunset overlooking the North Shore mountains at Jack Poole Plaza.

But with 4,000 people on the waiting list for last year's event, it's a safe bet that diners will be back for the Aug. 22 exclusive evening. The waiting list is already open for the 2013 event.

The city's fire, liquor-control and special-events teams have already endorsed the 2013 event, subject to final approval from the city. The police have yet to look over the proposal but have no initial concerns based on last year's event.

The park board permit and other fees will cost organizers about $3,000. The board will decide whether to approve the staff-recommended event on April 8.

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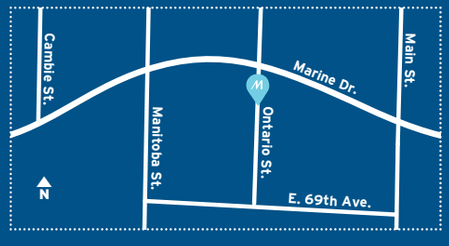

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Gay slurs shock council

Manitoba town says sorry. But owners of targeted restaurant will close it anyway

ELISHA DACEY
Metro in Winnipeg

Pots N Hands owner and chef, Dave Claringbould, outside his Morris, Man., restaurant. Claringbould and his partner are closing their business because of homophobic insults. Claringbould said he and his partner are "very hurt and upset" by the homophobia. TREVOR HAGAN/THE CANADIAN PRESS

A Manitoba town council has issued an open letter condemning recent homophobic slurs toward a local restaurant.

It's "very disappointing" that the slurs against the restaurant, Pots N Hands, have "become an issue in our town," said the council in the Town of Morris, about 70 kilometres south of Winnipeg.

The owners of Pots N Hands, Dave Claringbould and his partner, say they plan to shut down April 13 because of the homophobic slurs made by a few locals.

"We were asked if somebody was going to catch something off of the plate because we had prepared the food on it," said Claringbould, 35.

There have been other incidents, too, said Claringbould — although the majority of townspeople have been friendly.

The council's open letter expressed regret that the restaurant would close.

"We as a council, along with our CAO, met for lunch at Pots N Hands to show support for this restaurant in our town," says the letter.

"In doing so, we made a public statement as a group that the people who represent Morris support our local businesses regardless of race, belief, and/or sexual orientation.

"This lunch occurred a week ago, and was certainly not the first time any of us had eaten there."

One resident, who asked not to be named, said she is disgusted by the prejudice.

"There's a couple of village-idiot rednecks, young fellas," she said. "When they grow up they'll understand how their vicious tongues can hurt people."

WITH FILES FROM THE CANADIAN PRESS

Manchester, U.K.

Punk punching now a hate crime

If you punch a punk in Manchester, England, it could be a hate crime.

Police say they'll begin cracking down on offences against subcultures in the same way they do on attacks based on race, religion, disability or sexual orientation.

"People who wish to express their alternative sub-culture identity freely should not have to tolerate hate crime," Assistant Chief Constable Garry Shewan said.

THE ASSOCIATED PRESS

Manchester, N.H.

Why this city's a taxi desert

Chances are you won't get a cab in Manchester, N.H. — police sidelined all 18 licensed taxis for inspection failures or failing to show up for inspection.

Most were cited for mechanical violations.

THE ASSOCIATED PRESS

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Getting to the heart of the matter

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Normal Triglyceride Levels ☐	Elevated Triglycerides ☐	Allergies ☐
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Fish deformities

Oilsands a risk like oil spills?

A top Canadian scientist says there are similarities between fish deformities found downstream from Alberta's oilsands and those observed after the Exxon Valdez oil spill in Alaska and Florida's Deepwater Horizon disaster.

David Schindler of the University of Alberta says some chemical or chemicals may be to blame. THE CANADIAN PRESS

Wishful Googling?

Google's spring came early

Wiarton Willie's forecast of an early spring might have been wrong, but Google says the groundhog might have been reflecting what we were hoping for.

Google searches for "spring" came early — mid-February. "Spring" searches usually don't start peaking until March, Google says. METRO

Magnotta treated for schizophrenia, court records show

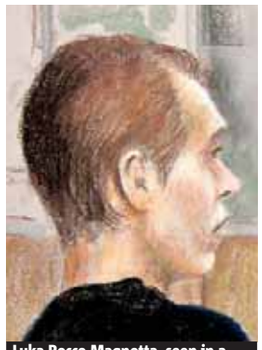
Flashback to 2005. Psychiatrist's letter in fraud-case file reveals the accused killer's treatment and hospitalization

Luka Rocco Magnotta, accused of killing and dismembering a Chinese student, was treated for paranoid schizophrenia, newly revealed court documents show.

But his doctor said he didn't always take his medication.

A letter from Magnotta's psychiatrist was attached to the court file of Magnotta's 2005 conviction for fraud in Toronto.

It offers a glimpse into the mind of the man now accused in the gruesome slaying and dismemberment of 33-year-old Jun Lin.



Luka Rocco Magnotta, seen in a court drawing, didn't always take his medication, a psychiatrist says. MIKE MCLAUGHLIN/THE CANADIAN PRESS

Magnotta, 30, then known by his birth name, Eric Newman, suffered from paranoid schizophrenia since at least 2000 and was hospitalized several times, Dr. Thuraisamy Sooriabalan wrote.

"The treatment consists of taking antipsychotic medications and attending (the) outpatient department for supportive psychotherapy and health education," wrote the doctor based at the Rouge Valley Health System's Centenary site in Toronto.

"Unfortunately Mr. Newman is not very regular in attending the outpatient department and as a result he misses his medications."

The letter was written in May 2005. It was released Wednesday after media outlets fought for it to be made public. THE CANADIAN PRESS

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A man pushes his bike through a flooded street in La Plata, Argentina, Wednesday. At least 52 people have been killed by flooding in the country's Buenos Aires province. NATACHA PISARENKO/THE ASSOCIATED PRESS

Dozens dead in Argentina floods

Torrential rains.
Some 2,500 people have been evacuated from their homes, while food supplies could be threatened

Quoted

"Such intense rain in so little time has left many people trapped in their cars, in the streets, in some cases electrocuted."
Buenos Aires Gov. Daniel Scioli

At least 52 people died as flooding from days of torrential rains swamped Argentina's low-lying capital and province of Buenos Aires.

Nearly 50 people died Wednesday in and around the city of La Plata, Gov. Daniel Scioli said. Six deaths were reported a day earlier in the nation's capital. Many people climbed onto their roofs in the pouring rain after storm sewers backed up. Water surged up through drains in their kitchen and bathroom floors, and then poured in over their windowsills.

President Cristina Fernandez arrived by helicopter in Tolosa, a La Plata neighbourhood where she grew up and where her mother was among those evacuated. She announced security measures to combat vandalism, help for identifying the dead, and three days of national mourning for the victims.

She was then surrounded by neighbours. Some hugged and thanked her. Others complained angrily and shouted at her to "go away."

The heaviest rain — almost 400 millimetres in just a few hours, beating historical records for the month of April — hit provincial La Plata overnight.

A day earlier, the capital of Buenos Aires was hit hardest. About 100 millimetres more of rain were expected before the bad weather passes on Thursday, the national weather service said.

THE ASSOCIATED PRESS

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Hyundai, Kia recalling 1.7M vehicles

Brake-light switch problems. Owners and dealers will be notified and will get free switch replacements

Korean automakers Hyundai and Kia are recalling almost 1.7 million vehicles in the U.S. and Canada to fix problems with brake-light switches.

The recall covers most of the automakers' model lineups from the 2007 through 2011 model years.

Hyundai Canada said about 255,000 vehicles are being recalled in Canada for the problem, while Kia Canada said just over 106,000 of its vehicles are involved in the recall.

According to the website of the U.S. National Highway Traffic Safety Administration, a faulty switch can stop the brake lights from illuminating when drivers press on the pedal.

Also, the cruise control may not turn off when a driver steps on the brake, push-to-start buttons may not work and a feature that stops the driver from shifting out of park without a foot on the brake may fail.

"Failure to illuminate the stop lamps during braking or inability to disengage the cruise control could increase the risk of a crash," NHTSA said in the documents.

Spokesmen said Wednesday that there haven't been any crashes or injuries due to the problem.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

About 361,000 cars are being recalled in Canada. NAM Y. HUH/THE ASSOCIATED PRESS

Late 2013. Apple to launch 60-inch 'iTV,' controlled by ring, analyst says

It's no secret that Apple wants to get into the living room by making its own TV set, and there have been plenty of rumours and reports about how and when it's going to happen.

Now, an analyst says he's learned that the set will go on sale late this year for $1,500 to $2,500 US.

In a research note Wednesday, Brian White of Topeka Capital Markets says the "iTV" will be 60 inches on the diagonal but could also come in 50- and 55-inch versions. Apple will also release a small "iRing" that fits on the viewer's finger, allowing the user to control the screen by pointing, White says.

In addition, the set will come with tablet-like "mini iTVs" with 9.7-inch screens, the same as the full-size iPad, White said. The iTV will be able to send video to the smaller screens wirelessly around the house. The concept is similar to the way in which cable and satellite TV companies are starting to let their set-top boxes send video to iPads and other tablets.

White says his report is based on gleanings from visits with unnamed Chinese and Taiwanese companies that supply Apple with components.

THE ASSOCIATED PRESS

Market Minute

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Natural gas: $3.967 (-0.2¢)
Dow Jones: 14,550.35 (-111.66)

TSX
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OIL
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GOLD
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EARTH TO PMO: WE'RE DOOMED

HE SAYS

John Mazerolle
metronews.ca

"If a meteor ... a mile wide were to hit land, it could form a crater and blow enough dust into the stratosphere to block out the sun and affect crops worldwide for a year, (a NASA scientist) said." — Meteor Sighting Unusual, But Space Debris is Common, the Washington Post

"The government of Prime Minister Stephen Harper has been accused of silencing scientists on a number of subjects, particularly environmental science." — Watchdog to Study Policies That "Muzzle" Government Science, The Canadian Press

Ring! Ring!

PMO: Prime Minister's Office. How can we help you become self-reliant?

CSA: This is the Canadian Space Agency. A massive meteor is headed for Canada. We have to tell people before it's too late!

PMO: Oh my God. Let me get this straight: You work for the Harper Government, and you're telling me you want to talk directly to the people? The chances are astronomical!

CSA: Uh. Yes.

PMO: As you know, the Harper Government will have to approve any statements.

CSA: The meteor is about a mile wide, could instantly kill hundreds of thousands, then starve billions when the sun is blocked. So we'll need—

PMO: I'm just going to go ahead and stop you right there. We need a different message.

CSA: What?

PMO: I've been around long enough to know that your message will turn off most demographics. Frankly, it's very negative and promotes fear.

CSA: Doesn't that mean it's perfect?

PMO: During an election campaign, sure. But right now it detracts from our promise of a "strong stable majority." Some MPs would cry. Others would run. Does that sound strong and stable? And I don't even want to think about what some of the religious backbenchers will say if they find out the world is ending.

CSA: It's going to hit in six hours! This is no time for politics.

PMO: It's always time for politics. If a big rock hits Canada on our watch and we did nothing to stop it, the Opposition will have a field day, sudden lack of fields notwithstanding. So we'd prefer you kept this one hush-hush. Unless you can blame it on Trudeau.

CSA: People are going to die!

PMO: How many?

CSA: Depending on the computer model, between 500,000 and two million.

PMO: Ah, so there's a debate even among scientists. No consensus.

CSA: It's still lots of people!

PMO: Where?

CSA: Based on its trajectory, mostly in the Greater Toronto Area.

PMO: I'm hanging up.

CSA: No wait! How about this? What if the Harper Government took credit for the meteor?

PMO: Hmmm ... the Conservative government that destroyed Toronto. I'm listening.

CSA: Not only that: We can also "explain" that the ash kicked up from the explosion is why you were never concerned about global warming in the first place.

PMO: Won't the ash destroy a lot of the environment?

CSA: That's because the Conservatives' environmental plan, uh, "seeks to reduce inefficiencies in nature." We find places where 10 birds are doing a job that five birds could be doing!

PMO: Now you're getting it!

CSA: Can we tell people now?

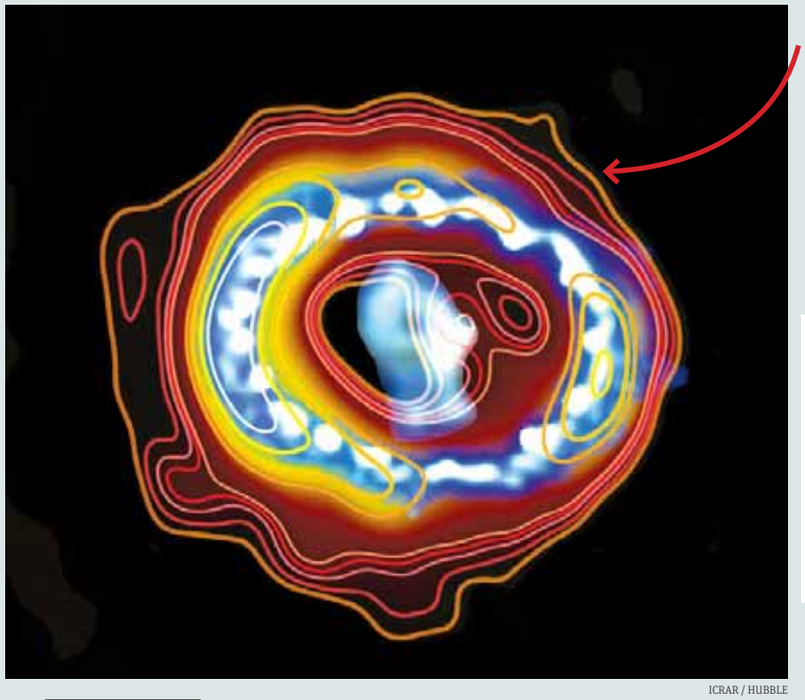
PMO: Can we brand it The Harper Government "Rocks"?

CSA: It's the end of the world as we know it and I feel queasy.

PMO: You get used to it.

ZOOM

The death star, like never before



ICRAR / HUBBLE

Death of star in highest detail

Scientists have studied the death of a star in the highest ever detail. Astronomers led by the International Centre for Radio Astronomy Research (ICRAR) in Western Australia have revealed new images of Supernova 1987A, whose demise was first spotted over 25 years ago. METRO

A star is born?

- In 1987, astronomers observing the Large Magellanic Cloud, a nearby dwarf galaxy, noticed the sudden appearance of what looked like a new star but soon realized it was the end of a star — the brightest supernova ever seen from Earth.

Scientists now seek star's centre

Scientists study the evolution of supernovae into supernova remnants to understand the interaction of the star's blast with its surrounding environment.

They suspect a compact source or pulsar wind nebula — remnants of an old star — to be in the centre of the radio emission, implying that the supernova explosion did not make the star collapse into a black hole. METRO

Picture this

"Imaging distant astronomical objects like this at wavelengths less than one centimetre demands the most stable atmospheric conditions."

Dr. Giovanna Zanardo of ICRAR

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online store that allows fans to buy music directly from the artist, with the added bonus of being able to preview entire albums for free. It also happens to be the perfect place to support Canadian artists like these:

Overwerk

Do yourself a favour and delete that Top 40 from your workout playlist. This London producer's After Hours EP conveniently checks in at a tidy 30 minutes of sweat-friendly peaks and valleys. Best of all, you can set your own price. (overwerk.bandcamp.com)

Les Soeurs Boulay

Brush up on your French with a Montreal-based sister folk act. Armed only with guitar, ukelele and velvet-voiced harmonies, the soeurs are well-equipped to break hearts. (lessoeursboulay.bandcamp.com)

Kitsune

Imagine the sound of a Nintendo console becoming self-aware and deciding to pursue a new career as a producer of club bangers. Audiences don't get much more niche, but I know you're out there. (vulpvibe.bandcamp.com)

Comments

RE: UBC Student Accused of Sex Work After Trying to Cross U.S. Border With Condoms, published April 2

How do you spell "discrimination"!?
Shirley Mclaughlin posted via Storify

"How much is he paying you to go on this trip?" Shame on them.
Cynthia Kim posted via Storify

Who cares if she's a sex worker?
Paul Nagy posted via Storify

Like crossing DMZ into North Korea.
Mal Cohen posted via Storify

I hope she sues their pants off!!!
Jonathan Hodder posted via Storify

WTF.... I guess us Canadians don't have sex.
Joann Neish posted via Storify

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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SCENE

Raven in Tree by Roy Henry Vickers. SUBMITTED

Roy Henry Vickers brings the light

One day only. Art show/book launch features a dozen original pieces

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

So whatcha doing Saturday? I'm asking on behalf of Canadian artist Roy Henry Vickers, who's unveiling a new collection of work at a one-day-only show/book launch.

The event features a dozen original pieces that were inspired by and illustrate Raven Brings the Light, the upcoming book by Vickers and historian Robert Buss, which tells the legend of how Raven brought light to the world.

"The story belongs to the people of the Northwest Coast, where it has been passed from generation to generation for thousands of years," says Vickers.

"It is a great joy for me to share this in a new way. I hope through this story, thousands more will discover and understand this important piece of our culture."

Raven Brings the Light: a Roy Henry Vickers Arts Show & Book Launch is a free event that takes place Saturday from 10 a.m. to 4 p.m. at the Waterfall Building (1540 West 2nd Ave.). Visit royhenryvickers.com for more info.

Old ensemble, new tricks

When I first read that one of the world's oldest chamber ensembles was coming to Vancouver, I inexplicably imagined a bunch of really old people partying on a tour bus.

But the world's oldest chamber choir isn't really a bunch of old people partying on a tour bus. It's not even a bunch of old people singing (not that there's anything wrong with that).

It is, of course, the renowned Russian ensemble, the Borodin Quartet, which formed in the Soviet Union in 1945 and has been playing here in Vancouver for Friends of Chamber Music (which has been around since 1948) since 1964 — longer than any other current ensemble.

And while the individual members have changed over the years, Friends of Chamber Music program director Eric Wilson says the unique performance tradition developed by its founders has remained the same.

"Passed down from musician to musician, the Borodin Quartet collectively maintains the same authority and power in making music as when the group first crossed the Iron Curtain to visit us."

The Borodin Quartet (Ruben Aharonian, Sergei Lomovsky, Igor Naidin and Vladamir Balshin) performs Tchaikovsky and Shostavokich at the Vancouver Playhouse Theatre on Tuesday, April 9. Tickets $40 at FriendsofChamberMusic.ca.

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David Beckham

Beckham wants a normal life for his kids

Despite being possibly the most famous man in the world, David Beckham is desperate for his four kids to have a normal a life as possible — even though that can be pretty tricky sometimes.

"My eldest now is at the age where he wants to do things and go to places, and we have to hold him back," Beckham tells CNN World Sport about 14-year-old Brooklyn.

"You have to explain to him that there are certain things he can't do. But to be honest, we let our children do 99 per cent of the things they want to do because we want them to lead a normal life."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Glee trying to put on a brave face amidst latest scandal

THE WORD
Dorothy Robinson
scene@metronews.ca

It's been a week of shake-ups for the cast of Glee.

First, it was announced that main cast member Cory Monteith was admitted to rehab on Monday morning for a substance abuse problem and now it looks like Heather Morris, who portrays the ditzy cheerleader Brittany on the hit show, is pregnant.

Us Weekly broke the news that the 26-year-old is expecting a baby with her longtime boyfriend Taylor Hubbell. "She's a little more than three months along and starting to show," the source tells Us Weekly. "It was totally unexpected, but they are incredibly happy and excited."

Keep her off the dance numbers, Glee!

Chris Brown

Chris Brown feels bad for Bieber

Chris Brown feels Justin Bieber's pain.

When asked during an interview with radio station Power 105.1 how he copes with paparazzi attention, Brown says: "It's sort of like what Justin Bieber's going through right now... Being young, having a limitless amount of income, whatever you want to do as a young guy, and then at the same time you don't have nobody that's going to say, 'Hey bro, you look wack right now.'"

Brown is particularly worried Bieber's friends — like rapper Lil Twist — will get an undue amount of blame for any of the pop star's troubles.

Twitter

@ABFalecbaldwin
Am I really 55? Wow. Like.....wow. Doesn't seem real.

@NiallOfficial
Morning. ! This is it ! I'm goin to the dentist! I think this is my last hour with braces! Oh how I'm gona miss them ! Naaaaaaat !

@SethRogen
Of all the TV shows I've never seen, I've never seen "The Borgias" the most.

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Ain't no sunshine, but there is style

Spring collections should be the main storyline, but it's as cold as ever outside. So rather than freezing your legs off trying to wear that flimsy dress, take a few cues from the autumn/winter shows that just wrapped up earlier this month.

KENYA HUNT
kenya.hunt@metro.lu

Soft pinks

On the runway: Unique

Whistles jacquard trousers, $206, whistles.co.uk

Topshop mix stitch pink jumper, $72, topshop.com

Houndstooth

On the runway: Rag & Bone

Houndstooth scarf $40, zara.com

By Malene Birger Sarafina trousers, $395, netaporter.com

Navy and black

On the runway: Jil Sander

Jil Sander Navy skirt, $660 stylebop.com

Acne Ava black top, $250, acnestudios.com

The full skirt

On the runway: Rochas

ASOS midi skirt, $68, asos.com

Marni organdy circle skirt, $1,280, netaporter.com

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New ways to decorate your wall space

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

I often hear people say living in a small space doesn't allow for much decorating, and how accessories take up too much room. I remind them they don't need to rely on tabletops and floor space to display their wares, but to look vertically at the walls.

Walls are probably the largest surface we have and there are many ways to dress them up with more than just flat art and mirrors.

Not since the Ikea floating display shelf have we seen such interesting inventions to add pizzazz to our vertical space.

Dressing up the walls can be as simple as colour locking certain areas with some paint or creating a feature wall with a collection of artwork. If you are looking for an immediate, easy way to dress the walls, here's a few on-trend products that add a special touch.

GRUNDTAL wall system

A simple rod and attachments can be useful anywhere; from the home office to the bath to the kitchen. Stylish stainless steel adds a rich modern look to very affordable display storage. $8 to $25 per piece, ikea.com.

Urbio system

It's vertical, modular, magnetic and flexible. Hang system panels on the wall, then attach individual containers using magnets. Useful for a wall of green, art supplies or whatever you want to display. From $75, eq3.com.

Learn to write chalkboard

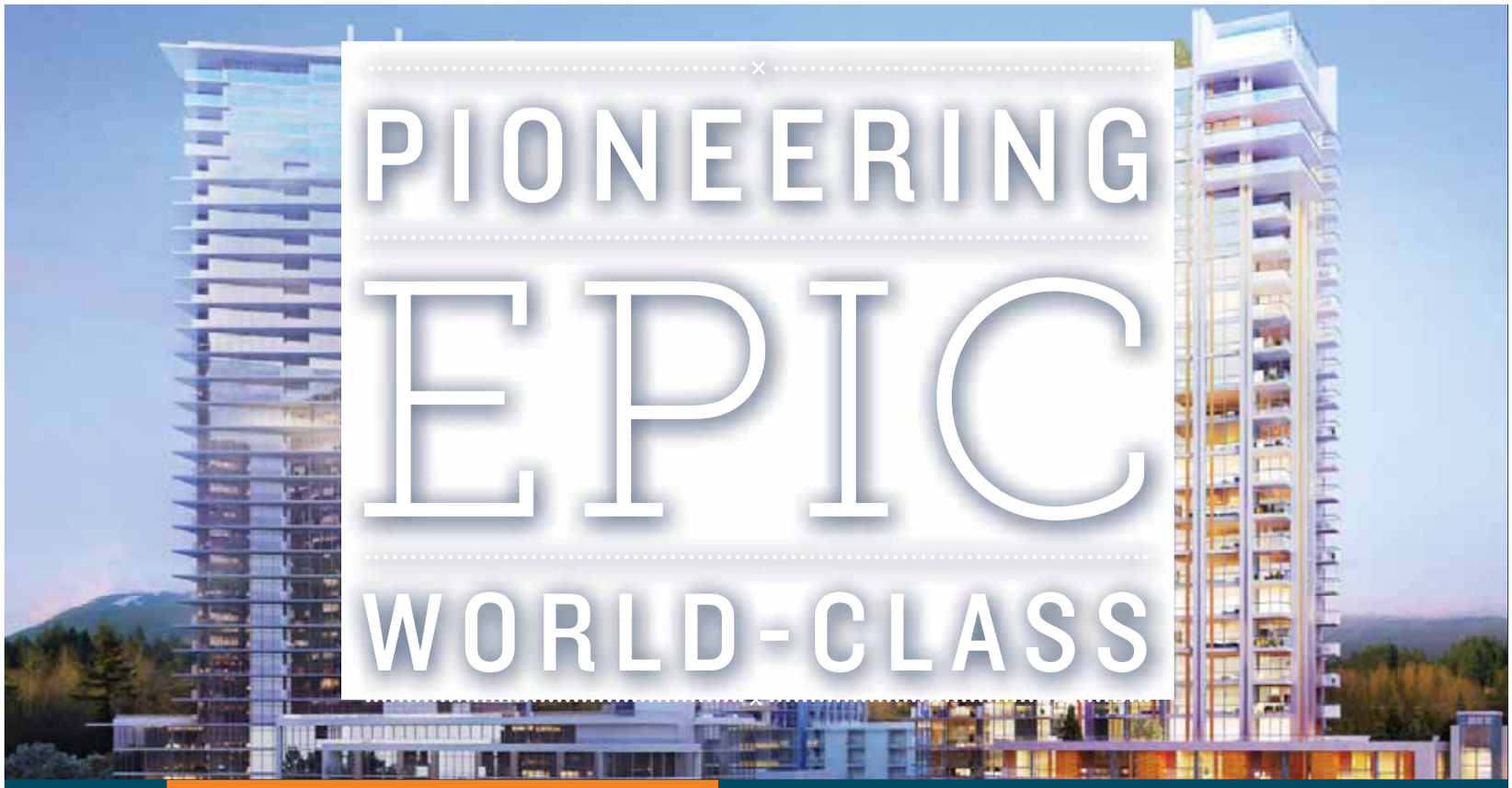
Finally a way to write on the walls without getting in trouble. Leave messages, make lists or practise your ABC's. Stick on, erasable chalk boards uses any chalk. Easy to install by just peeling and sticking and reposition when you want to move them. $20 for four peel and stick panel decals, wallpops.com.

Wall mounted teardrop vase

This handblown chemistry lab borosilicate beaker glass in a teardrop shape hangs via a cut and polished opening. One can be hung beside the guest bed and another in the shower. These guys add charm wherever they go. $5, cb2.com.

Architect wall flats

Get the look of a cool hotel lobby lounge wall by adding depth and dimension to your walls with paintable panels. Hide rough walls or outdated panelling, leave them white or paint them to match a colour in your space. $115 for 10 panels, urbanmode.com.



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How to create the perfect backsplash

DIY ideas. Host of Kitchen Crashers shares tips to get you started on the project

Be your own weekend warrior and get started on your dream backsplash for your kitchen.

An easy fix to dull kitchens, backsplashes add a design element along with adding depth and colour. Kitchens tend to look the same in every home, so this is your chance to stand out.

Since host Alison Victoria of Kitchen Crashers can't take over for you this weekend, here are some tips to do it yourself.

Prepare the wall

Remove all switch plates and outlet covers. Sand the wall lightly, then wipe off the dust with a damp towel.

Mark the wall measurements and where you want your centre focus to be.

Dry lay out the design on your floor within the measurements to make sure it fits.

Apply Tiles

Using mastic, which is the adhesive that holds the tiles into place, scoop it out with the edge of your v-notched trowel and use a sweeping motion, applying enough for an area of eight tiles.

Apply bottom up from the base of the counter top. Leave enough space between the tile and the counter edge for a bead of caulking that takes place at the end. Work out in both directions.

If the mastic dries too fast before you apply tiles on top, scrape it off and apply a new layer. Don't be afraid to use materials other than tiles — small glass stones, old broken china and even pennies are fun options.

Trim the tiles

Some tiles won't fit perfectly to the edges and nooks your kitchen cupboards create. Mark where the cut needs to be made and do so using a wet saw. If you are inexperienced you can go to a hardware store to get them cut for you.

Fill with grout

Let the mastic and tile application dry overnight.

The next day mix and apply your unsanded tile grout according to the box directions. Pack the grout deep in between the tiles but not between the tile and the countertops.

Clean and caulk

After applying grout to the entire backsplash, wipe the surface clean with water and a towel.

Let the grout dry for 30 to 45 minutes. Once the grout dries, take a dry towel to clean and shine tiles. Apply caulking the same colour as the grout between tiles, and open spaces from the counter and cupboards to the tile; smooth down with a wet finger.

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ORAL HEALTH

Thursday, April 4, 2013

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases. FIONLINE/THINKSTOCK

Healthy teeth equals healthy living

TERESA CHIYKOWSKI
For Metro

Did you know that oral health is not only important to your appearance and sense of well-being, but also to your overall health?

It's true.

Problems such as missing teeth or oral infections can affect your physical and mental health. That's all the more reason to practise good oral hygiene and look after those healthy pink gums and dazzling pearly whites.

Smile

- Visit hc-sc.gc.ca to download a copy of Smile: Healthy Teeth, Healthy Body. The publication will help you better understand the link between oral health and overall health, help you establish an effective oral health plan, and ensure you have information about the risks and symptoms of oral cancer.

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases including:

Diabetes: People with diabetes are more susceptible to gum disease, which can put them at greater risk of diabetic complications.

Respiratory illness: The same bacteria found in plaque can also be inhaled into the lungs where they may cause an infection or aggravate any existing lung condition, especially in older adults.

Preterm, low birth-weight babies: Studies are also examining whether pregnant women with gum disease may be at a higher risk of delivering preterm, low birth-weight babies than women without gum disease.

Cardiovascular disease: There is new research that points to a possible connection between gum disease and heart disease and stroke.

Brush up with these tips

1. Brush your teeth at least twice a day.
2. Floss daily to remove plaque between your teeth.
3. Replace your toothbrush every three to four months.
4. Use an antimicrobial mouth rinse to reduce bacteria in your mouth.
5. Schedule regular dental checkups.
6. Eat a healthy diet according to Eating Well with Canada's Food Guide.
7. Watch for signs of oral disease and contact your dentist if you detect anything out of the ordinary.

To learn more about dental care, visit the Canadian Dental Association website at cda-adc.ca.

If you pay a little extra attention to daily oral hygiene habits when children are young, they can grow up cavity-free. NEWS CANADA

Children. Daily habits to grow up with

Even today, with advancements in oral care, it is estimated that 57 per cent of kids aged six to 11 have cavities. This number increases to 59 per cent for teenagers.

Specialists tell us, however, that if we pay just a little extra attention to daily oral hygiene habits, all children can grow up cavity-free. The care you teach them now will last a lifetime, so take a look at these helpful tips:

Twelve to 24 months

Begin regular dental visits by age one. Teach a toddler about dental hygiene when the first teeth come through. Children should get used to holding a toothbrush and should watch others as they brush. Let them practise brushing, but continue brushing their teeth for them. Begin flossing when most of the baby teeth are in.

Two to five years

Teach young children to use no more than a pea-size amount of toothpaste and make sure they do not eat it. Continue to brush and floss their teeth for them. Avoid sugary sweet treats.

Six and older

Encourage children to begin flossing. Your dental hygienist will demonstrate proper technique. Continue to supervise brushing and flossing. The surface of your child's permanent molars may be sealed with a light coating to prevent cavities in the deep fissure and grooves of the teeth.

NEWS CANADA

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Dental hygienists have the skills, knowledge and judgment to facilitate early detection of oral health issues. NEWS CANADA

Dental hygienists are the first line of defence

We once believed that the worst outcome of poor dental hygiene was tooth loss, but research clearly links oral health to overall health, so far more is at stake.

The earliest signs of a number of serious health issues are reflected in the teeth, gums and tongue, often long before a diagnosis is made. The eyes may be the windows to the soul, but the mouth is a gateway to the rest of the body.

There are millions of bacteria in the mouth and ignoring oral health routines can lead to inflammation causing these bacteria to grow and spread at alarming rates and to find their way into the bloodstream.

Unchecked plaque on your teeth can result in gingivitis, periodontal disease and tooth decay. Research suggests that periodontal disease is a risk factor contributing to serious life-threatening illnesses such as lung and heart disease, stroke and diabetes.

Dental hygienists have the skills, knowledge and judgment to facilitate early detection of these issues.

At a dental visit your hygienist will assess your health history, examine your head and neck and check your mouth. Together, you will develop an oral hygiene care plan that includes prevention and treatment therapies to ensure the best overall health possible.

If necessary, your dental hygienist may refer you to other health-care professionals.

You can't afford to wait. Periodontal disease can be prevented and controlled, thereby decreasing your chances of other serious illnesses.

NEWS CANADA

Oral cancers can be treated if caught

Oral cancer is the 13th most common and fastest growing type of cancer, particularly for younger Canadians. Smoking, drinking, sun exposure of the lips and HPV are all risk factors in developing oral cancer. Here is what to watch for:

- Red or white patches in the mouth
- Lump or thickening of tissue in the mouth, neck or face
- Sores in the mouth that bleed or do not heal within 14 days
- Numbness in face or mouth
- Wart-like masses inside the mouth
- Pain or difficulty swallowing, speaking, chewing or moving the jaw or tongue
- Hoarse throat that lasts for a long period of time

Most cancers of the mouth can be treated if caught in time, and oral cancers are easily detected by dental hygienists who are familiar with the signs and symptoms.

Reduce your risk — maintain regular dental hygiene appointments, and at your next visit request an oral cancer screening.

NEWS CANADA

Sports. Protect your teeth

Research shows that orofacial injury in sports is prevalent but preventable.

Hockey, soccer, football, rugby, martial arts, lacrosse, boxing, basketball, baseball, BMX, skateboarding, skiing and snowboarding are all high-risk sports.

Dental hygienists see firsthand the impact of injuries to the teeth, gums and jaws as a result of participation in sports and support the use of mouthguards in all appropriate sports at competitive and recreational levels.

Studies evaluating the effectiveness of sports mouthguards have shown the overall risk of injury is 1½ to two times greater when a sports mouthguard is not worn during athletic activity.

Mouthguards are a cost-effective investment in protection. The estimated cost to treat a lost front tooth over a lifetime can range from $5,000 to $10,000. The average cost of a custom-fitted sports mouthguard can be as low as $100 or less.

For more information, see cdha.ca/mouthguards. Find out if your sports organization requires mandatory mouthguard protection and if it doesn't, ask why?

Most importantly, protect your mouth. See a dental hygienist to get a custom-fitted sports mouthguard and wear it at all games and practices. Sports mouthguards put more bite into injury prevention.

NEWS CANADA

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Fruit and vegetables can help your family maintain healthy smiles. ISTOCKPHOTO/THINKSTOCK

Foods for a beautiful smile

For years we have been told which foods are bad for our teeth. Yes, we get it, sugar causes cavities. Beware of soft drinks, alcohol and candy.

Enough talk about what we shouldn't eat, let's talk about some foods that promote good oral health.

Cheese please: Cheese has a high calcium and phosphate content that provides important benefits for your healthy teeth. It helps balance your mouth's pH, preserves and rebuilds tooth enamel, produces saliva, and kills the bacteria that cause cavities and gum disease.

Pass the fruit: Fruit such as apples, strawberries, citrus fruits, contain a lot of vitamin C. It is considered the cement that holds all of your cells together, so just as it's vital for your skin, it's important for the health of your gum tissue.

Eat your vegetables: Broccoli, carrots, sweet potato and pumpkin are rich in vitamin A from which tooth enamel forms.

Keep the water flowing: When you drink water it also cleanses your mouth, allowing saliva to deposit essential minerals back into the weakened teeth. TERESA CHIYKOWSKI

Baby teeth are important too

Healthy teeth and gums are important for your child's health and well-being. Establish healthy habits early to set your child up for a lifetime of good dental health.

Keeping your child's baby teeth healthy and strong is important to their oral and overall health and development. Baby teeth begin to appear around 6 months and can last until a child is 13 or 14. They are an important part of your child's nutrition, speech development, self-confidence and play a significant role in the placement of permanent adult teeth.

Without proper care and attention children can suffer from dental decay (cavities). Decay is caused when sugars in the mouth mix with plaque bacteria to create an acid that can destroy tooth enamel. The longer sugar is in the mouth, the more acid is produced, increasing the risk of cavities.

Dental decay is painful—it can lead to infection and tooth loss. Children with dental disease may also have trouble sleeping, difficulty concentrating and suffer emotional distress—feeling bad about the way they look.

Dental disease is not always recognizable. Pain is usually a sign there is a problem but very young children are not able to explain when they are in pain.

The good news is that dental disease is preventable. Establishing healthy habits from an early age, including regular dental exams, can start your child on the path to good oral health.

Remember, children learn by example: if you look after your own teeth and gums, your children will too.

Set your child up for good dental health:

- Caring for the mouth starts early. Begin by cleaning your baby's mouth using a wet cloth and gently wiping the gums to remove any leftover milk or formula from the mouth.
- Brush your child's teeth as soon as the first tooth appears and make sure you lift the lip to brush along the gum line. Young children cannot clean their own teeth. Brush *for them* when they are very young and *with them* as they grow older.
- Use a soft toothbrush. Choose an appropriate size for the age of the child.
- Use a small amount of fluoride toothpaste to protect the teeth from cavities. Children under the age of 3 should only use a smear (size of a grain of rice) while those over 3 can use a pea-sized amount. Encourage your children to spit out the toothpaste.
- Make brushing fun and develop a routine: brush at a specific time (after a bath or before a book); in a specific location (mom's knee); or with specific cues (music, counting).
- Cavity-causing bacteria can transfer from your mouth to your child's. Avoid sharing soothers, toothbrushes or other items with your child.
- Regardless of age, discourage grazing on sugary foods and drinks throughout the day or overnight. For instance, constant and slow sipping on milk-filled bottles or sippy cups with juice, keeps sugars in the mouth and can lead to cavities—fill them with water instead.
- Choose healthy snacks such as cheese, fruit or nuts. What's good for the body is good for the mouth.
- The earlier a dental problem is found, the easier it is to fix. Check your child's mouth and visit the dentist regularly.
- Look in your child's mouth for signs of disease such as brown or yellow spots on the teeth. Other signs that your child may be suffering from dental disease include: trouble sleeping; difficulty concentrating; and, avoiding certain foods, such as cold drinks and foods.
- The first dental visit should take place by age one or within six months of when you see the first tooth. Through regular examinations your dentist will monitor the development of your child's teeth and gums to catch problems early and prevent disease. Starting dental visits early can also improve your child's comfort with visiting the dentist.

For more ways to help your child benefit from good dental health, talk to your dentist or visit bcdental.org.

British Columbia Dental Association

MEMBER OF THE CANADIAN DENTAL ASSOCIATION

Wrapping up a burst of flavours

"If you make extras to take for lunch the next day," writes Meghan Telpner of these Veggie Rice Wraps in her book UnDiet, "store in an airtight container with a slightly damp cloth or paper towel to help keep the rice wraps moist."

1. Soak one piece of rice paper in warm water until soft. Carefully remove, allow excess water to drain, and lay out on flat surface.

2. Arrange veggies in a row along centre of rice paper. Add greens last (and eggs, if using). On first few attempts, fewer veggies will be easier to roll.

3. Leave about 1-inch (4 cm) at both ends and carefully roll the wrap up, leaving long edges open. You'll take care of those with the second piece of rice paper.

4. Soak and drain a second piece of rice paper, and lay out on flat surface.

5. Place roll along centre of second piece of rice paper, folding end edges in first and then roll in remaining sides.

RECIPE ON THIS PAGE: EXCERPTED FROM UNDIET: EAT YOUR WAY TO VIBRANT HEALTH. COPYRIGHT © 2013 MEGHAN TELPNER. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Ingredients

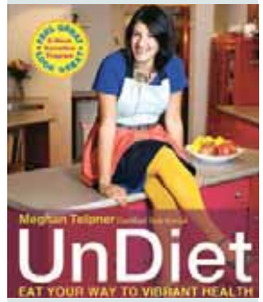
- 8 sheets rice paper
- 1 avocado, peeled and sliced lengthwise
- 1 carrot, grated
- 1/2 red bell pepper, sliced lengthwise
- 1/2 red apple, peeled and sliced into matchsticks
- 4 inches (10 cm) cucumber, sliced into long strips
- 1 (250 ml) cup baby spinach
- 1/4 cup (50 ml) cabbage, shredded
- 4 sprigs cilantro
- 2 organic eggs, whisked in a bowl, cooked as an omelet, then sliced into thin strips (optional)

Veggie Rice Wraps

This recipe serves 4 as a side or 2 as a meal. CATHERINE FARQUHARSON

Cookbook of the Week

Tasty way to health



Forget those diets that never work and get healthy with the help of Meghan Telpner's book UnDiet.

Not only does it feature practical nutrition information, a complete eight-week transition program, lifestyle advice from experts and a comprehensive meal plan, but also 40 easy and delectable gluten-free recipes.

Among the recipes in UnDiet are Bean and Vegetable Burgers, Lemon Lentil Vegetable Soup, Orange-Zest Infused Stew, Almond Power Cookies, Sun-Dried Tomato and Bean Hummus, and more. **METRO**

NHL

Blue Jackets go all-in at deadline

Columbus Blue Jackets rookie general manager Jarmo Kekalainen made an unexpected splash Wednesday at the NHL trade deadline.

The Finnish-born Kekalainen — the NHL's first European general manager — acquired sniper Marian Gaborik from the New York Rangers prior to the deadline. It was a bold move for a GM whose club is 11th in the Western Conference but just one point behind eighth-place St. Louis.

"Throughout this process, our focus was to add a player who could provide a boost to our offence, improve our goal scoring and power play, and we identified Marian Gaborik as the player we wanted," Kekalainen said. "He has been an elite goal scorer in this league for many years, and we are very excited to have him."

Columbus also received defencemen Blake Parlett and Steve Delisle from the Rangers for forwards Derick Brassard and Derek Dorsett, defenceman John Moore and a 2014 sixth-round pick. THE CANADIAN PRESS

Marian Gaborik GETTY IMAGES

'My contract sucks': Luongo still a Nuck

Trade deadline. Luongo, GM hold different opinions on whether 12-year, $64-million contract was a deterrent in trading the goalie

CAM TUCKER
cam.tucker@metronews.ca

Wednesday's NHL trade deadline came and went, and when it was all over at noon, Roberto Luongo was still a member of the Vancouver Canucks.

General manager Mike Gillis and Luongo himself had differing opinions as to why.

Luongo, who turns 34 on Thursday and had been at the forefront of trade speculation since the opening round of last year's playoffs, is in the third year of a 12-year, $64-million contract that includes a no-trade clause.

It's been argued to be the main reason why a trade for the 2010 Olympic gold-medal winner could not be completed.

Luongo was blunt.

"My contract sucks," he said during a press conference, met with a chorus of laughs.

"That's what the problem is and unfortunately it's a big factor in trading me and it's probably why I'm still here."

Gillis tried to downplay Luongo's comments, as well as talk that the contract was a deterrent in trying to trade the goalie.

"I've never been told there was a stumbling block," said Gillis.

"The discussions we've had didn't surround a stumbling block, it surrounded players, draft picks, him (Luongo), places where he might go. Those were bigger hurdles in the discussion than anything about contract."

Gillis said the Canucks had discussions with five other teams over the last six months about Luongo, but in the end a deal "didn't come together."

Luongo participated in Wednesday's practice and was suddenly pulled off the ice near the end of the skate, while his teammates were still going through their stretches, creating a buzz that perhaps a last-minute deal was in the works.

"It was 10 minutes before the deadline, so they wanted to make sure that I was available in case something happened and in case I had to sign off on anything," said Luongo.

Luongo will remain the backup behind 27-year-old Cory Schneider, who took over the starting duties in a first-round playoff loss to the L.A. Kings and has started the last eight games, going 6-2-0.

"I'm going to gather myself for the rest of the day and make sure that when I come to work tomorrow, I'm going to be 100 per cent dedicated to this team the rest of the year," said Luongo.

"No matter what that capacity is."

Roberto Luongo will remain a Canuck for at least the rest of the season.
RICH LAM/GETTY IMAGES FILE

New arrival

Roy takes to ice with Canucks

Derek Roy, the Canucks' lone acquisition in the days leading up to Wednesday's NHL trade deadline, took part in his first practice with his new team.

Roy skated on a line with Chris Higgins and Jannik Hansen and was on the second power-play unit with Higgins and Nicklas Jensen, the Canucks' first-round pick, 29th overall, in the 2011 NHL draft.

The Canucks also recalled forward Zack Kassian from the Chicago Wolves after a very brief one-game stint in the AHL and reassigned Bill Sweatt. CAM TUCKER/METRO

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Roy trade solidifies Canucks' depth in centre

THE HOCKEY NEWS
Edward Fraser
vancouver@metronews.ca

It was a predictable and successful — yet surely disappointing for some — trade deadline for the Vancouver Canucks.

GM Mike Gillis made his move the day before, filling the only hole that needed to be filled: the No. 3 centre role. By acquiring Derek Roy from the Dallas Stars, Vancouver turned a weakness into an enviable strength.

Save for any injuries down the stretch, the Canucks will head into the post-season with Daniel Sedin, Ryan Kesler and Roy as their top-three pivots. No team in the West can match that depth of talent, and you need only scan the depth charts of each of the seven Stanley Cup winners since the lost 2004-05 season to see the importance of strength up the middle.

Newly acquired centre Derek Roy should fit in nicely on the third line when Ryan Kesler returns. RONALD MARTINEZ/GETTY IMAGES

The 29-year-old Roy is having a bounce-back campaign, with 22 points in 30 games, after a down year in 2010-11. His bulldog, pass-first game should mesh well on a third-line with straight-line skaters Chris Higgins and Jannik Hansen. Even if Roy, an unrestricted free agent this summer, signs elsewhere, the Canucks did well to bring in a player of his calibre for a reasonable price (Kevin Connauton, a 23-year-old blue-liner ranked No. 4 among the Canucks' weak collection of prospects, according to The Hockey News' Future Watch 2013, and a second-round draft pick).

Roy's a perfect fit, and when Kesler returns the pair will help reignite an offence — including the woeful power play — that's been mired in the bottom third of the NHL for too long.

Many will be unhappy the Canucks were unable to pull off a blockbuster deal involving Roberto Luongo, one that would have left Cory Schneider as the undisputed No. 1 and landed a top-six winger and/or top prospect or high draft pick. But no team was desperate enough to raid its cupboards while taking on a contract with nine years remaining, despite the reasonable $5.5-million cap hit attached to it.

A trade will come this summer — it has to. The Schneider & Luongo Show, though entertaining, can't go on. In the meantime, the Canucks can stick out either of their two goalies and be confident they'll get quality netminding. Consider it even more strength up the middle.

Jays all glove, no bats

Melky Cabrera of the Toronto Blue Jays makes a catch against the Cleveland Indians on Wednesday in Toronto. Mark Reynolds homered off Sergio Santos in the 11th inning to lift the Indians to a 3-2 win over the offensively challenged Jays. ABELIMAGES/GETTY IMAGES

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*Based on national study by BrandSpark International. Winners chosen from select new products in Canada between November 8th, 2012 – December 16th, 2012. For more information visit www.bestnewproductawards.biz
**Dates subject to change. While quantities last.

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See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You may be down because you have not accomplished as much as you had planned but there is really no point moaning about it. Just set new targets and get on with your life.

♉ Taurus
April 21 - May 21
You will need to compromise today, especially where money is concerned. It does not matter what your feelings are, it matters only that you reach an agreement with those who hold the purse strings.

♊ Gemini
May 22 - June 21
Be careful what you say over the next 24 hours as the planets warn someone could take your words the wrong way. You know how touchy some people can be and how easy it is to lose friends.

♋ Cancer
June 22 - July 23
Before you do anything else today, remind yourself that you are the boss. If you want to change your plans because your mood has changed that is entirely up to you. Friends and family should know you by now.

♌ Leo
July 24 - Aug. 23
The choices you make over the next few days will have a huge impact on the direction your life takes over the next few months. Don't be afraid to commit yourself to a creative project. You can make it work.

♍ Virgo
Aug. 24 - Sept. 23
Your time is precious, so don't waste it on trivial things and trivial people. You know what you should be doing — you can feel it in your bones — so get on with it. It's all about setting the right priorities.

♎ Libra
Sept. 24 - Oct. 23
You need to have words with someone who has let you down. You need to let them know you are not amused. Don't accept excuses but don't make them feel too bad either. You're still friends after all.

♏ Scorpio
Oct. 24 - Nov. 22
You feel a bit tired after all the comings and goings of the past few days and should treat yourself to a break. Remember the law of diminishing returns: past a certain point, it's futile to work harder.

♐ Sagittarius
Nov. 23 - Dec. 21
If you merely assume that things will turn out right, they may. But they could just as easily go wrong. Ask yourself what you can actually do to ensure the desired result — then do it.

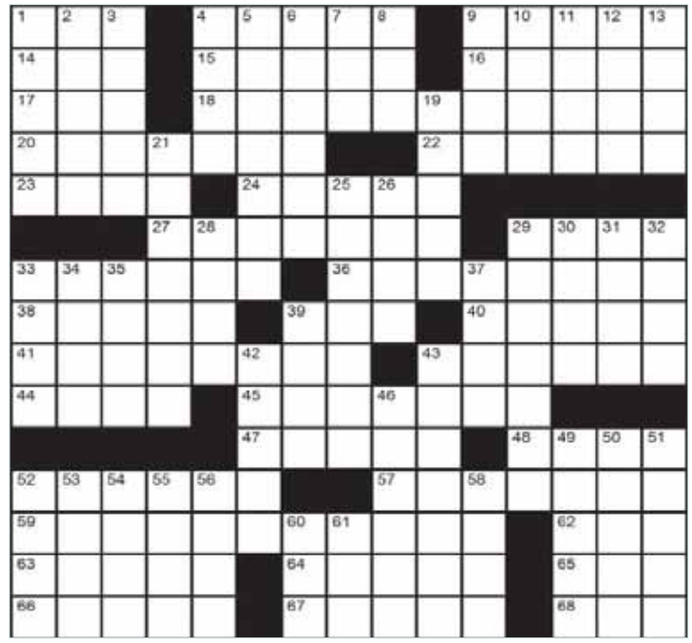
♑ Capricorn
Dec. 22 - Jan. 20
The only thing that can hold you back now is a lack of self-confidence. Others may think you are supremely assured but there is in fact a major doubt nagging away inside you. Deal with it quickly.

♒ Aquarius
Jan. 21 - Feb. 19
Everything you say and do has an effect on other people, even people you don't know personally, so think before you speak and act. On a cosmic level, you are responsible for others as well as yourself.

♓ Pisces
Feb. 20 - March 20
If you want to succeed, you need to be aware not only of areas where you are good but also areas where you are not so good. What are your weaknesses? **SALLY BROMPTON**

Crossword: Canada Across and Down

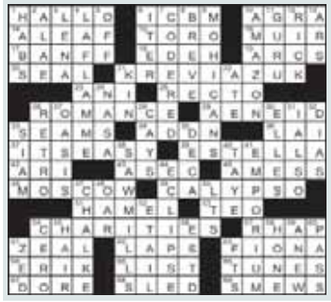
BY KELLY ANN BUCHANAN



Across
1. Tuktoyaktuk locale, for short
4. __ Current, Saskatchewan
9. Superman's father on the planet Krypton, __-__
14. 1988 Poison album: 'Open Up and Say... __!'
15. Chocolate source
16. TV teaser
17. Spirit's sound
18. Michael J. Fox TV role, __ _. __
20. Country singer Ms. Lambert
22. Church: French
23. "Say it __ so!"
24. Pointed arch in architecture
27. Bug
29. Superlative suffix
33. Change the house's topping again
36. Outfit
38. On-the-road reversal
39. Surgery sites, for short
40. Cook's garb
41. Shakespearean tragedy, Troilus and __
43. Soldiers
44. Larry __ (Tony's original portrayer on Broadway in West Side Story)
45. Negations
47. Bar, legally
48. Dutch cheese
52. Layers combed for fossils
57. Fashion designer, Donatella __
59. Tourist-to-Canada's book: 2 wds.
62. Spelling contest
63. Mysterious
64. Per __ (Yearly)
65. Pen name?
66. Honey drinks
67. Uses the horn
68. Olympian, e.g.

Down
1. One of The Judds
2. "__ __ it?" (Asked at the door)
3. Rose's one-of-some
4. All-in-one printer function
5. "The Muppet Show" hecklers, Statler & __
6. Pleistocene event: 2 wds.
7. All-in-one printer function
8. Shirt
9. PC image file format
10. Spoken
11. Roast: French
12. Namesakes of funnyman Mr. Philips
13. Sole
19. Doesn't discard
21. If everything else fails: 2 wds.
25. Repetitive
26. Some delivery vehicles
28. Particles
29. Puts upon
30. River of Spain
31. Food-like food
32. Some money bills
33. Tip to 'sack' (Backpack)
34. Raison d'__
35. Penitent person
37. "My Name Is __"
39. Poetic pieces
42. Model of perfection
43. Like wrists and ankles for some athletes: 2 wds.
46. Backstage mentor on "American Idol", Jimmy __
49. Part of Fred Flintstone's exclamation!
50. Do well, for instance, on an exam: 2 wds.
51. __ Lake Accord
52. Originate from
53. __-planting ceremony
54. ___ avis (Rare bird, Latin style)
55. Keen
56. Kicker's pegs
58. Sleep stages, commonly
60. Make small talk
61. French article

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2	4					6		3
	3	6	4				5	8
7			3	5			9	
			9		8	1	7	
		4		7		8		
	7	8	2		1			
	5			2	9			1
3	1				4	2	6	
8		2					4	7

Yesterday's Sudoku

7	2	9	1	6	5	8	4	3
4	5	3	8	9	7	2	1	6
6	1	8	2	3	4	9	7	5
3	6	1	4	5	9	7	8	2
9	7	2	3	8	1	6	5	4
5	8	4	7	2	6	1	3	9
8	9	7	6	4	3	5	2	1
2	3	6	5	1	8	4	9	7
1	4	5	9	7	2	3	6	8

Today
12°/10°
Rain
90%

Friday
12°/9°
Rain
80%

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

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